

## Signs You Might Need a Mental Health Reset

You're begin to feel **LESS PATIENT AND MORE IRRITABLE**.

You're starting to **STRUGGLE WITH GETTING OUT OF BED**.

You're begin to feel **OVERWHELMED OR ON EDGE**.

You're starting to **ISOLATE**.

You're begin to **STOP DOING SELF-CARE**.

You're starting to feel **INADEQUATE**.

You're feeling **EXHAUSTED** by everyday things.